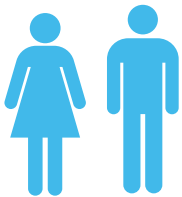


What You Need to Know about Colon Cancer



Colon cancer affects men and women equally.



On average, your risk is about 1 in 20, although this varies widely according to individual risk factors.

50+

90% of new cases occur in people 50 or older.



People with a first-degree relative (parent, sibling or offspring) who has colon cancer have two to three times the risk of developing the disease.

Risk Factors

Studies show people in the following categories are at greater risk of developing the disease:

- Individuals with a personal and/or family history of polyps or cancer
- People over age 50
- Those with ulcerative colitis or Crohn's disease
- Individuals with the genetic conditions Hereditary Nonpolyposis Colon Cancer (HNPCC) or Familial Adenomatous Polyposis (FAP)
- Jews of Eastern European descent and certain ethnic groups including African Americans, Native Americans and Alaskan Natives

Symptoms

Often times, symptoms do not appear in early stages of the disease. Do not wait for symptoms before talking to your doctor.

- A change in bowel habits
- Rectal bleeding or blood in your stool
- Persistent abdominal discomfort
- Nausea or vomiting
- Unexplained weight loss
- Chronic fatigue

What You Can Do

- Get screened at age 50, or sooner if you are at higher risk
- Maintain a healthy weight
- Adopt a physically active lifestyle
- Eat a healthy diet
- Don't use tobacco products
- Limit alcohol intake

For more information, visit ccalliance.org or call (877) 422-2030.

Proceeds raised through the National Dress in Blue Day™ fundraising efforts will benefit the Colon Cancer Alliance's prevention, patient support and research programs.

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